



THE CITY OF SAN DIEGO PARK AND RECREATION DEPARTMENT
"WE ENRICH LIVES THROUGH QUALITY PARKS AND PROGRAMS"

COLINA DEL SOL POOL



4150 54th Place
San Diego, CA 92115
(619) 235-1147
www.sandiego.gov



FALL PROGRAM



Effective: September 5 - 24, 2006

The pool is scheduled to be closed September 25, 2006 - January 1, 2007.

SWIM LESSONS☆

Monday, Wednesday, Friday Cost: \$53.75

SESSION A September 6 - 22, 2006

4:30 pm - 5:10 pm TT AB

5:20 pm - 6:00 pm AT B3

6:10 pm - 6:50 pm B2 B1

Ask pool staff for detailed level descriptions.



WATER FITNESS

Adult/Senior Drop-in fee: \$9.50/class

Registration packages: Senior/Disabled \$2.50/class

Adult \$9.00/class

ABC (Aquatic Body Conditioning)

This is a total body conditioning class. This multi-level, low impact, cardio-respiratory workout is held primarily in shallow water. Flexibility, muscular strength and endurance are emphasized. Participants need not know how to swim.

Monday, Wednesday, Friday 9:00 am - 10:00 am

WATER POLO☆

Participants are introduced to basic water polo skills with emphasis on teamwork and sportsmanship.

Participants must be able to swim 200 yards continuously and tread water for one minute.

Tuesday & Thursday 4:30 pm - 6:00 pm

September \$9.90 Ages 5 to 17 yrs.



CSDS City of San Diego Swim☆

The CSDS is a multi-level progressive swim program that offers a range of competitive swimming opportunities. The levels of commitment, training and performance increase with each level of participation.

The White Level is for the swimmer who is new to competitive swimming. The focus of the White Level is placed on the instruction and technique of the four competitive strokes (freestyle, backstroke, breaststroke and butterfly) in a fun and social environment. Competition among the 13 City pools is scheduled year around.

The Silver level introduces the athlete to the more structured competitive aspect of swimming. Training and swim meets are planned around the development of the athletes. Competition among the 13 City pools is scheduled year around and competition in sanctioned swim meets may begin at this level with USA (United States Swimming Association) swimming membership.

WHITE LEVEL September \$9.90

Monday, Wednesday, Friday 5:00 pm - 6:00 pm

SILVER LEVEL September \$16.50

Monday - Friday 6:00 pm - 7:00 pm



☆A limited number of scholarships and fee waivers (based on financial need) are available. Please contact the Pool Manager for more information.

PROGRAMS AND FEES ARE SUBJECT TO CHANGE WITHOUT PRIOR NOTICE.

AS A RECIPIENT OF FEDERAL FUNDS, THE CITY OF SAN DIEGO CANNOT DISCRIMINATE AGAINST ANYONE ON THE BASIS OF RACE, COLOR, GENDER, RELIGIOUS CREED, MARITAL STATUS, SEXUAL ORIENTATION, ANCESTRY, NATIONAL ORIGIN, AGE, MENTAL OR PHYSICAL DISABILITY, MEDICAL CONDITION (INCLUDING HIV, AIDS & AIDS-RELATED COMPLEX). IF ANYONE BELIEVES HE OR SHE HAS BEEN DISCRIMINATED AGAINST, HE OR SHE MAY FILE A COMPLAINT ALLEGING THE DISCRIMINATION WITH EITHER THE CITY OF SAN DIEGO PARK AND RECREATION DEPARTMENT (CONTACT THE DISTRICT MANAGER AT (619) 685-1308) OR THE OFFICE OF EQUAL OPPORTUNITY, U. S. DEPARTMENT OF THE INTERIOR, WASHINGTON, D.C. 20240. THIS INFORMATION IS AVAILABLE IN ALTERNATIVE FORMATS UPON REQUEST.

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**RESOURCE
CENTER
CREATION**

GENERAL INFORMATION

LAP SWIM

Monday, Wednesday, Friday	9:00 am - 11:00 am 4:30 pm - 7:00 pm
Tuesday & Thursday	4:30 pm - 7:00 pm
Saturday	12:00 pm - 4:00 pm
Sunday	CLOSED

RECREATIONAL SWIM

Monday - Friday	4:30 pm - 7:00 pm
Saturday	12:00 pm - 4:00 pm
Sunday	CLOSED

Families and groups are encouraged to swim during designated recreational swim times in a supervised unstructured atmosphere. NOTE: Specific lanes/areas will be designated for Lap/Recreational swimming, however, pool may be utilized for other programs during designated Lap/Recreational swim times.

FACILITY ADMISSION FEES

Adults (16 years & older)	\$5.00/admission
Child/Disabled/Senior (62 & older)	\$1.50/admission

All persons entering the facility during Recreation and Lap Swim times MUST pay the admission fee.

- Discount passes are available for purchase and can be used at all City pools (passes expire one year from the date of issue).
- Children under 7 years of age or less than four feet tall must be accompanied by a paying parent or responsible adult in a swimsuit at all times. While in the water, a parent or responsible adult must remain within arms reach of the child.

SAFETY CHECKS

There may be ten minute safety checks conducted every half hour or every hour during Recreational Swim hours.

- All Aquatics programs, schedules and fees may change and/or be cancelled without notice.
- The City of San Diego Swimming Pools may close without notice during inclement weather conditions.

RENTALS

All City pools are available to rent for exclusive or shared use (birthday parties, school activities, athletic team activities, company parties, special events, etc.). More information may be obtained from the Pool Manager.

REFUND POLICY

Extra care should be given to the selection of classes. There are NO REFUNDS. Class transfers or credit towards another aquatic program may be requested and must be authorized by the Pool Manager. Full refund will be granted only if the class is canceled by the Pool Manager.

EMERGENCY TESTING

All City pool personnel are subject to emergency testing at any time. Patron patience and cooperation during these drills are greatly appreciated..

DONATIONS

By donating to our park system, you can help the Park and Recreation Department to enrich the lives of others through quality parks and programs. Your gift will help ensure that we meet the needs of the community, including people of all ages, abilities and income levels through recreation, natural open space parks, neighborhood parks, and aquatics programs. For more information on how you can become a donor to your favorite park, pool or recreation program, please call Stacey Lo Medico, Deputy Director CPIO Division, (619) 685-1306.

VOLUNTEERS NEEDED!

Ongoing opportunities are available at recreation centers, pools and regional parks throughout the City, as well as with senior and therapeutic recreation programs. If you would like to volunteer, please see staff for more information, or visit www.sandiego.gov/park-and-recreation/general-info/volunteer.shtml or contact the Volunteer Office at (619) 685-1324.